

Abstract

Title: Active lifestyle of young school-age children

Objectives: The aim of this study is to explore, whether the younger school age children are kept to an active and healthy lifestyle. To find out, whether the kids have enough physical activity, how they eat and how much time they spend at the computer or TV.

Methods: The quantitative and qualitative methods were used in my research. The qualitative data were collected through surveys and quantitative data were obtained via step counting by using a pedometer. A measurement was used as an empirical method. Measurements were held in the months of May-June and October-November 2015.

Results: It was examined a total of 160 children. 14 of them are obese and 9 are overweight. The rest of the students has an optimal weight, eat adequately and has enough physical activity. Obese children spend their free time at the computer or television and have no hobbies or sports activity.

Keywords: lifestyle, obesity, energy balance, causes, prevention, consequences, pedometer, children, parents, physical activity, healthy diet